

Thera Cane®



DEEP PRESSURE MASSAGER

Owner's Manual

Thera Cane 411

Thera Cane® is a therapeutic massager that allows you to apply pressure to treat muscle dysfunction.

Benefits of using the Thera Cane

- Eliminate painful knots in your muscles on your own
- Easily apply deep pressure massage on hard to reach muscle groups
- Precision control facilitates stress and tension relief without drugs
- Soothing, penetrating massage helps muscles recover faster from overexertion
- Empowers the user to achieve effective pain management independently

Applying adequate pressure will help to keep the ball in contact with the muscle you're working on and prevent the ball from slipping off. Begin with light pressure and short periods of use as your muscles will require a breaking in period. Start off with just a minute or two of use a few times a day. If you do overdo it, you will likely hurt more than you did to begin with. This discomfort will normally always go away after a restful sleep or within 12-36 hours. In addition to this, a long hot shower will usually make you feel better and speed up your recovery. With experience you'll be able to use all the pressure you want for extended periods of massage.

If a tender point on the muscle seems extra sensitive, massage the surrounding area before working on the more tender spot. Back muscles are thicker and deeper than other muscles (forearms for instance) and will require more pressure.

Try different methods when applying pressure to determine which suits you and/or the muscle you're massaging the best. For example, you can apply steady pressure for 5 or 10 seconds, release, relax and repeat. Some prefer maintaining direct pressure while moving the ball slowly over a small area of the muscle, gradually going in deeper. A gentle wiggle can help you to burrow into the sore area.

Features of the Thera Cane

- Fits easily in your luggage for travel
- Lightweight and durable
- Ergonomic design optimizes leverage
- 6 strategically located treatment balls
- Safe to use in a hot tub or shower

Have fun while you experiment with new techniques. Be aware that some muscles will likely require repeated massage sessions over an extended period of time. Be patient and enjoy the progressive realization of the potential for a pain free life.



STRETCHING 101

It is never too late to start stretching. In fact, the older we get, the more important it becomes to stretch on a regular basis. The basic method of stretching is the same regardless of differences in age and flexibility. Stretching properly means that you do not go beyond your own comfortable limits.

Benefits of Stretching

Improves

Flexibility
Balance
Posture

Increases

Circulation
Range of motion
Feeling of well-being

Reduces

Stress
Tension
Blood pressure

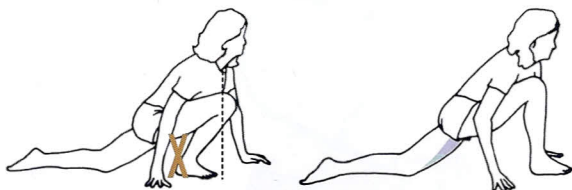
LOW BACK, HIPS & GROIN

Relax with knees bent and soles of your feet together. Hold for 20 seconds. Let the pull of gravity do the stretching.



HIP, GROIN & BUTTOCKS

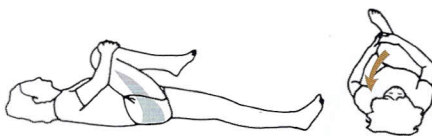
Move leg forward until the knee of the forward leg is directly over the ankle. Your other knee rests on the floor. Next, lower the front of your hip downward for the stretch. Hold for 20 seconds, alternate and repeat.



MID-LOW BACK & LEGS

Keep your head down and your lower back flat. Pull your knee to your chest and hold for 20 seconds.

Variation: Pull your knee across your body toward opposite shoulder. Hold for 20 seconds, alternate and repeat.

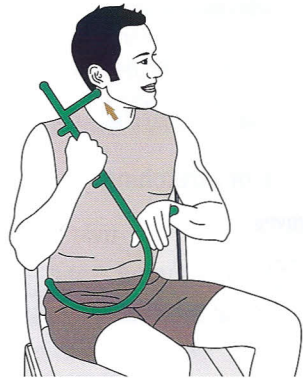


Stretching for 5-10 minutes in the evening is a good way to keep your muscles tuned, so you feel good the next morning. If you have any tight areas or soreness stretch these areas before bed and you'll feel the difference in the morning. Use short periods of stretching, maybe 5 minutes every few hours, to help make you feel good throughout the day. Remember to always be at a point where you can stretch further, and never where you have gone as far as you can go. Learn to stretch your body without force.

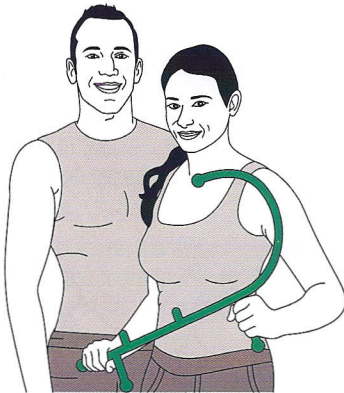
NECK



#1 NECK



#3 NECK



FOR ALL NECK EXERCISES

Lean your neck into the ball while keeping your hands and the Cane still

Move your neck side to side and up and down while you apply pressure

Experiment while in the supine position with your head slightly elevated

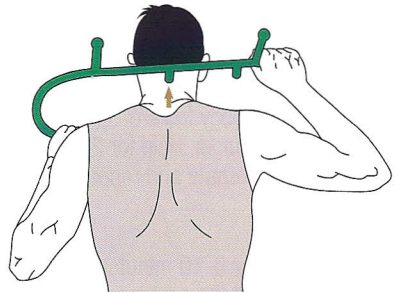
Use your fingers for the muscles in the front of your neck

Watch Allen and Kate demonstrate these exercises in the Thera Cane interactive DVD available online or through your provider.



#5 NECK

Push R hand forward for pressure.



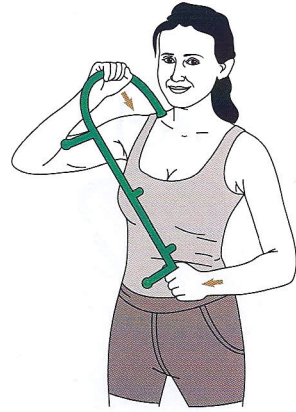
#6 NECK

FOR BEST RESULTS LIMIT HAND & ARM MOVEMENT

SHOULDERS



#1 SHOULDER



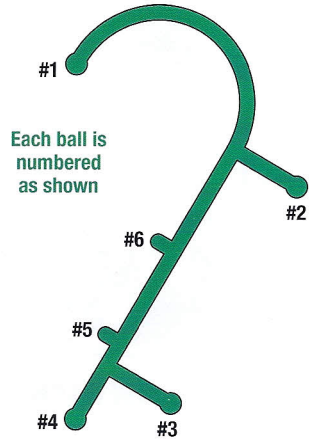
#1 SHOULDER

FOR ALL SHOULDER EXERCISES

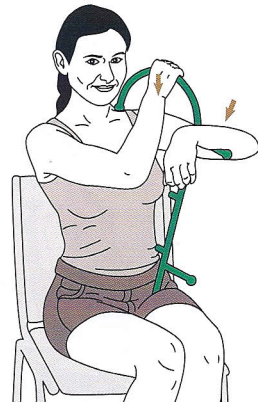
Push down in the direction of the arrows for pressure

Move arms back and forth, 1-2 inches across the muscle

Keep your arms in close to your sides to avoid fatigue



#1 SHOULDER



#1 SHOULDER

FOR MAXIMUM LEVERAGE & STABILITY REFER TO THE ILLUSTRATIONS

BACK

FOR ALL BACK EXERCISES

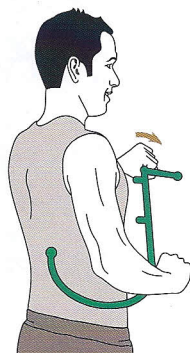
- Push down in the direction of the arrows
- When using against a chair stabilize the Cane, then move side to side for cross friction massage



Loop over L shoulder to work on R shoulder blade.

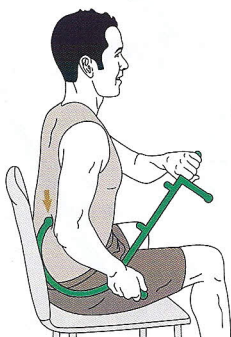
Push L hand down while pushing R hand forward for pressure.

#1 UPPER BACK



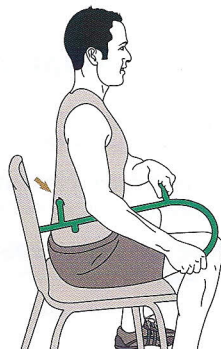
Tilt the Cane upward for best leverage and push L hand down for pressure.

#1 UPPER & MID-BACK



#1 LOW BACK

Best back positions for big bodies.
 Keep back & buttocks 2-3 inches from the back of the chair.
 Cane held off to side.
 Move side to side for cross friction massage



#3 LOW & MID-BACK

FOR ALL ARM EXERCISES

- Stabilize the Cane as shown in the illustrations
- Shift body weight into ball for more pressure

ARMS



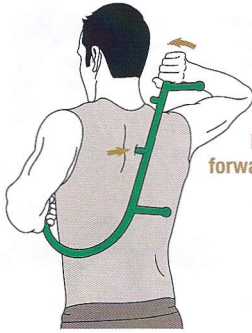
#5 UPPER ARMS



#6 MID-ARMS

LEAN INTO OR AGAINST THE BALL FOR PRESSURE

- The supine position is very versatile, experiment and see which methods you like best



Push R arm forward for pressure.

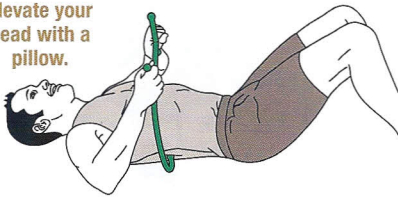
#6 UPPER & MID-BACK



Lean back in chair directly against ball and keep L arm locked in position.

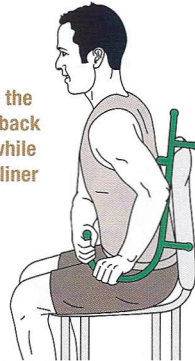
#1 MID-BACK

Elevate your head with a pillow.



#1 BACK

Also try using the #5 ball for the back of your neck while sitting in a recliner



#5 UPPER & MID-BACK

- Lean into or against the ball for pressure, always minimize hand and arm movement



#3 UPPER ARMS

Push legs outward to stabilize.



#6 FOREARMS & HANDS

CONCENTRATED PRESSURE WILL GIVE THE BEST RESULTS

LEGS

FOR ALL LEG EXERCISES

- Position the Cane as shown in the illustrations to help develop your skills
- Keep the upper half of the Cane still, and let it act as the pivot point



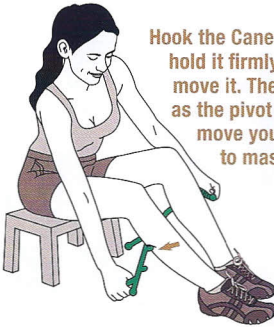
Loop the Cane around L leg and hold it in place

#6 LOWER LEGS

The Cane fits over legs, push legs outward for pressure.



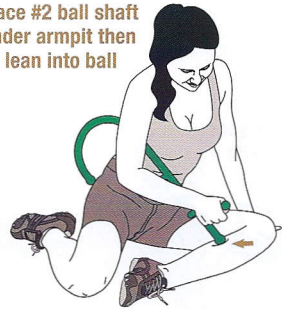
#3 OUTSIDE OF LEGS



Hook the Cane around L leg, hold it firmly and do not move it. The hook acts as the pivot point. Only move your R arm to massage.

#6 LOWER LEGS

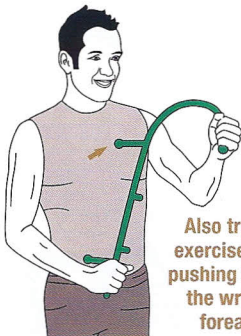
Place #2 ball shaft under armpit then lean into ball



#4 INSIDE OF LEGS

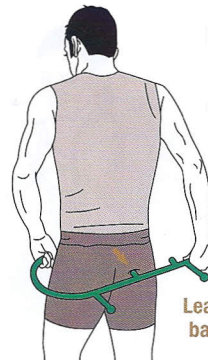
FOR ALL TORSO EXERCISES

- Lean into the ball for pressure
- Take advantage of the leverage whenever possible



Also try this exercise while pushing in from the wrist or forearm.

#2 CHEST & ABDOMEN



Cane is tilted up for leverage. To adjust the position raise or lower R arm. Also try the #1 ball while supine.

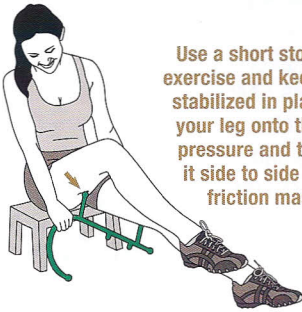
Lean R buttock back and into the ball

#6 BACKSIDE

TORSO

FOCUS ON THE MUSCLE YOU ARE WORKING ON

- Massage across the muscle and lengthwise when possible



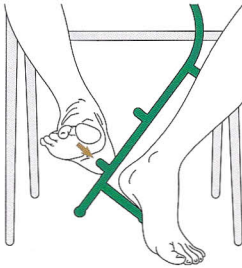
Use a short stool for this exercise and keep the Cane stabilized in place. Lower your leg onto the ball for pressure and then move it side to side for cross friction massage.

#2 BACK OF LEGS

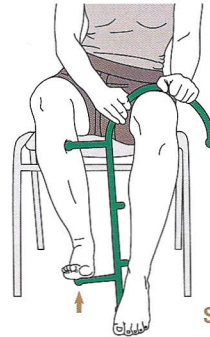


Sit sideways in chair and position L leg slightly forward to stabilize.

#6 TOP OF LEGS



#5 FEET



Stabilize the Cane against foot

#3 FEET

- Vary hand and arm grip to avoid fatigue



Stabilize firmly against the back of the chair. Also try while sitting sideways in chair.

#1 HIPS



L arm is wrapped around hook. Push L arm inward and back and forth for pressure.

#1 RIBS

REFER TO THE ILLUSTRATIONS OFTEN

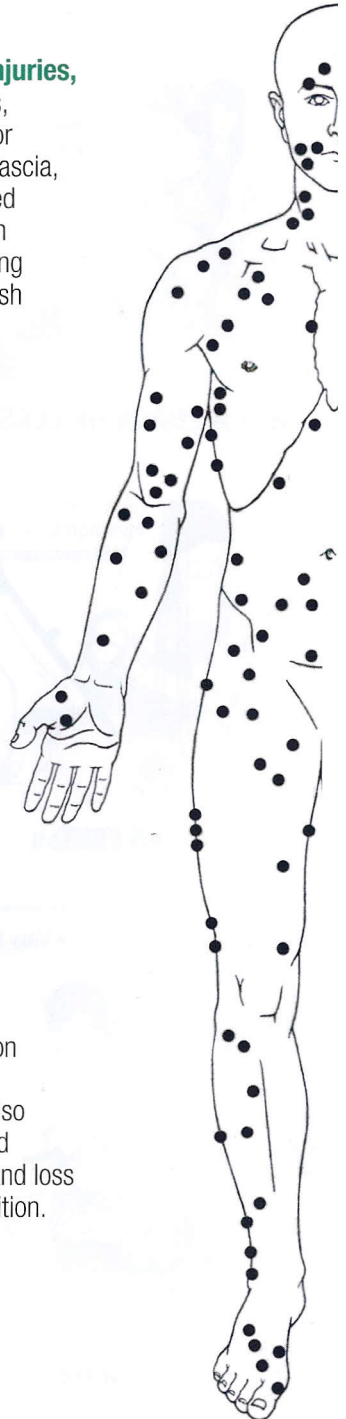
TRIGGER POINTS

Trigger points develop as a result of muscular injuries, strains and trauma. Additionally, structural imbalances, improper body mechanics, poor nutrition and mental or emotional stress are all factors. When muscle fibers, fascia, ligaments or tendons become weakened, overstretched or inflamed, tiny tears in the associated soft tissue can occur. As the muscle tissue heals it contracts, becoming twisted and knotted. The knotted fibers restrict the fresh blood supply needed by the muscle cells. In addition, there is often a shortening of the muscle fiber to protect itself from further injury. In effect, the muscle learns to avoid pain and guards against it by limiting its movement. This results in a loss of range of motion of the joint and the probability that the muscle and associated structures will develop trigger points.

Skeletal muscle is the largest single organ of the human body and accounts for 40% or more of body weight. As reported there are 200 paired muscles, any one of which can develop myofascial trigger points.

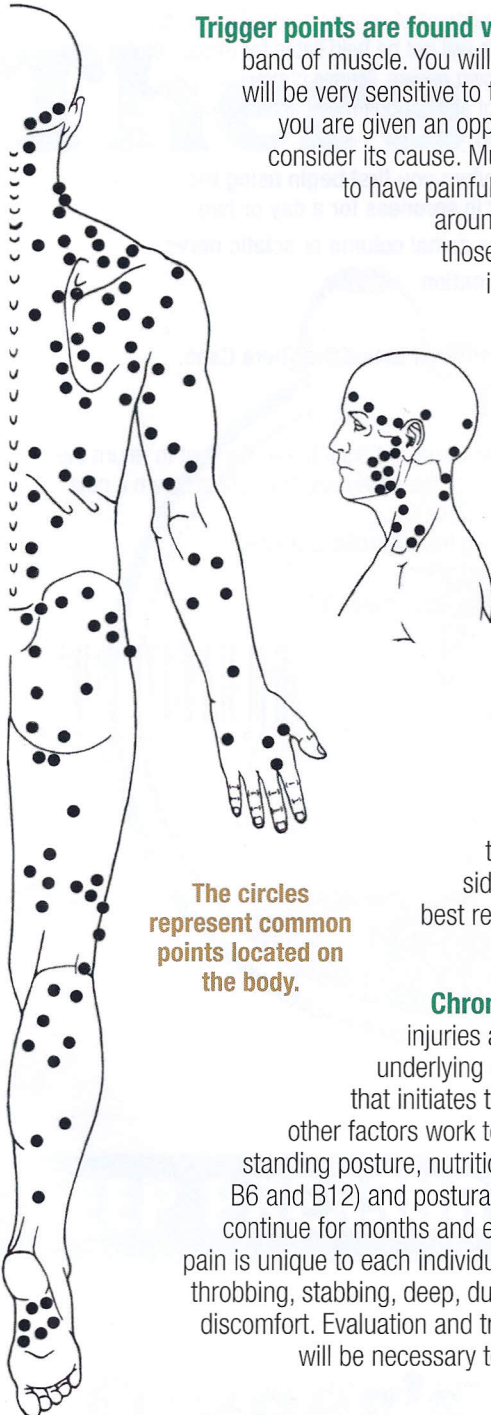
Acute pain may result from one time

sudden physical trauma including auto accidents (whiplash), falls, improper lifting, sudden twisting or turning movements and excessive or unusual exercise. These types of injuries if minor, will usually resolve themselves with a few days of rest and avoidance of further aggravation. Once the injuries have healed, stretching and strengthening exercises are necessary to recondition and restore the strength and flexibility of the injured muscle or joint. The associated trigger point(s) must also be inactivated once the injury has healed. If not treated effectively, a cycle of increasing pain, muscle spasm and loss of function can occur and develop into a chronic condition.



Trigger points are found within a hard, rope like or knotted

band of muscle. You will know when you have found one as it will be very sensitive to the touch. By sensing this tenderness you are given an opportunity to become aware of it and to consider its cause. Muscles involved in past surgeries tend to have painful trigger points as do muscles located around the joints. Some points, particularly those between the shoulder blades will be instinctively located, while others may require a bit of detective work on your part. Gentle stretching of your muscles on a regular basis will provide you with the clues needed to help you help yourself. Make the necessary commitment to personal wellness today.



The circles represent common points located on the body.

Most muscles and trigger points are paired. A point on the right side of your body has a corresponding point on the left side. Normally the tenderest of these parallel points or muscles will be on the same side that's painful. Pressure applied to this side will usually give the most relief. For best results, however, pay equal attention to muscles on both sides of your body.

Chronic pain may be the result of past

injuries and from numerous, uncorrected and underlying causes. Usually it is the initial trauma that initiates trigger point activity in a muscle while other factors work together to prolong it. Poor sitting and standing posture, nutritional inadequacies (often vitamins B1, B6 and B12) and postural and mechanical stress allow pain to continue for months and even years. The description of chronic pain is unique to each individual and may be described as burning, throbbing, stabbing, deep, dull and achy with varying intensities of discomfort. Evaluation and treatment by your medical practitioner will be necessary to help unravel chronic cycles of pain.

PRECAUTIONS

Do not attempt to use the Thera Cane for treatment of serious medical ailments, or injuries. Thera Cane Co. and their affiliates will not be held liable for misuse of the Thera Cane in attempted treatment of unknown origins. Please consult with a qualified medical practitioner for treatment of any serious medical condition. In addition these precautions are emphasized:

- **Limit your sessions to short periods when you first begin using the Thera Cane. Overuse will likely result in soreness for a day or two.**
- **Do not press directly on or against the spinal column or sciatic nerve.**
- **Avoid massaging any areas of inflammation.**
- **Discontinue use if bruising occurs.**
- **Do not allow children to play with or attempt to use the Thera Cane.**

GUARANTEE

This product is guaranteed for life against breakage. If it does break, the cost to return the product to Thera Cane Co. is the responsibility of the consumer. The cost to return a new Thera Cane will be the responsibility of Thera Cane Co.

This warranty does not cover damage resulting from intentional abuse. Contact info@theracane.com for return authorization.

Please do not return the product to the store you purchased it from.

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